

## Points to remember

1. Your sleep pattern will return in time. Your sleep has been affected by chemicals for some time.
2. Sleep can be affected by other things such as stress, anxiety, coffee, nicotine, alcohol. No exercise or too much sleep during the day can give you sleepless nights.
3. If you have been prescribed medication take it as directed. If you have been given tablets to help you sleep, take them twenty minutes before bed and then go to bed.
4. Try to get into a routine. Go to bed around the same time every night. Get up in the morning. Don't lie in your bed.
5. Try to do something that requires you to use energy. If you don't do anything during the day you will not need to sleep at night.

Your  
DRUG AGENCY  
is

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Tel

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REMEMBER  
YOUR BODY WILL  
NOT LET YOU GO  
WITHOUT SLEEP

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# DETOX

A PRACTICAL GUIDE  
ON HOW TO COPE  
WITH SLEEP IN AN  
OPIATE BASED  
DETOXIFICATION

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## SLEEP

Sleep is needed by everybody. It is part of the natural cycle of life. Sleep can and will be affected by what you think, drink, eat, or do. If you have a worry or thought that is playing on your mind, you may find sleep difficult as you think your problem through. If you drink too much caffeine you will have a poor night's sleep as the caffeine will work as a stimulant on the brain. If your body is used to having an opiate in it, being without will affect your sleep. When you undertake a detox, all the things that affect your sleep will be battling it out during the night to stop you sleeping. What you eat, drink, think and do will affect your sleep. The aim of this leaflet is to try and give you practical and effective hints on sleep whilst you go through the detox process.

The return of a natural sleep pattern does not happen overnight. It can take a few weeks.

## THINGS YOU CAN DO TO HELP

### Sight

The use of colour will help. If you need a light on in the night, take out the white bulb and replace it with a coloured low watt bulb. The use of warm colours, reds, yellows, blues, are best.

If you find that you cannot sleep, staying in bed is not a good idea. If you can, get in some videos or magazines. These will help you not think about wanting drugs in the middle of the night.

### Sound

If you are awake at night, loud noises are no good. Try headphones and relaxing music; some people find sounds from nature soothing.

### Touch

It's important for you to feel things around you are nice. Try to start the detox with fresh bedding. Have some clean flannels to help you with the sweats through the night.

### Smell

Smell can make a big difference in the way you feel. The use of essential oils has been shown to help with sleep. Some can be used in a bath, or in a burner. A few drops of lavender oil on your pillow can greatly help with sleep. Check with your local retailer for oils that can help with muscle cramps, headaches, nausea and some of the other symptoms that can keep you awake at night.

### Taste

One of the last things that you will feel like doing is eating big meals. Not only will you feel like being sick, the thought of cooking will make you feel worse.

You will need to eat food that is not full of empty energy. Sweets will give you temporary energy, however, afterwards you will feel worse. Foods such as pasta, potatoes and rice will give you longer lasting energy. Try a quick ready made meal, such as pot noodles/rice/pasta.